

High Risk Patient Criteria – Who are advised to follow Shielding Guidance see www.gov.uk for specific shielding guidance

Why haven't I received a high risk patient category letter?

As per the Gov.uk website the following criteria meets the high risk patient category for shielding:

1. Solid organ transplant recipients.
2. People who have had bone marrow or stem cell transplants in the last 6 months, or who are still taking immunosuppression drugs.
3. People with severe respiratory conditions including all cystic fibrosis, severe asthma and severe COPD.
4. People with rare diseases and inborn errors of metabolism that significantly increase the risk of infections (such as SCID, homozygous sickle cell).
5. People on immunosuppression therapies sufficient to significantly increase risk of infection.
6. Women who are pregnant with significant heart disease, congenital or acquired.
7. People with specific cancers:
 - People with cancer who are undergoing active chemotherapy.
 - People with lung cancer who are undergoing radical radiotherapy.
 - People with cancers of the blood or bone marrow such as leukaemia, lymphoma or myeloma who are at any stage of treatment.
 - People having immunotherapy or other continuing antibody treatments for cancer.
 - People having other targeted cancer treatments which can affect the immune system, such as protein kinase inhibitors or PARP inhibitor.

What is Severe Asthma?

Severe asthma is the most serious and life-threatening form of asthma. Most people with asthma can manage their symptoms well with the usual medicines like a preventer inhaler and a reliever inhaler. But someone with severe asthma struggles to manage their symptoms even with high doses of medicines.

People with severe asthma have more asthma attacks than people with mild or moderate asthma, they are more likely to have to stay in hospital and they are more likely to be on long term steroid tablets.

What is Severe COPD?

You are breathless all the time and it **severely** limits everyday activities, such as dressing and undressing. At the most **severe** stage of **COPD**, quality of life is significantly reduced because of ongoing shortness of breath. Trouble breathing may even be life-threatening during some episodes.

I think I fall into the High Risk group, but haven't received a letter

If you fall in to the above criteria but haven't received a letter, then contact the practice on 01945 660460 to discuss with a member of the clinical team.

I have received a letter to say I am in the High Risk Group, but don't believe I should be

Likewise, if you have received a letter and don't believe you meet the high risk criteria, then contact the practice on 01945 660460 to discuss with a member of the clinical team

If I am not high risk, what category do I fall in to?

You may fall in to the next category of increased risk of severe illness from coronavirus if you are in the vulnerable category – who are advised to be particularly stringent in following social distancing measures, but do not need to shield for 12 weeks:

1. Aged 70 or older (regardless of medical conditions).
2. Under 70 with an underlying health condition listed below (ie anyone instructed to get a flu jab as an adult each year on medical grounds).
3. Chronic (long-term) respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis.
4. Chronic heart disease, such as heart failure.
5. Chronic kidney disease.
6. Chronic liver disease, such as hepatitis.
7. Chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), a learning disability or cerebral palsy.
8. Diabetes.
9. Problems with your spleen – for example, sickle cell disease or if you have had your spleen removed.
10. Weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy.
11. Being seriously overweight (a body mass index (BMI) of 40 or above).
12. Those who are pregnant.

If have received a letter to advise I am in the high risk group, why do I not show on the supermarkets list for a priority delivery slot?

Patients in the high risk group have been identified via three phases:

- Phase 1 through hospital data and notified by NHS England, 20th March 2020.
- Phase 2 through GP data and notified by NHS England, 9th April 2020.
- Phase 3 additional criteria for GP practices to identify and code by 14th April 2020.

It appears that patients identified in phase 3, may only be added to the lists held by supermarkets following the data upload at some point after the 14th April 2020 so there may be a delay before this information is made available.

I am in the high risk or vulnerable group and have no one to help me get food shopping:

- You can contact your local council or parish councils for advise on services that are providing voluntary help for patients whom fall into the high risk and vulnerable groups and have no family/friends that can help them.
- Local shops are now providing delivery services; please check with your local shop.
- FACT Community Transport are providing a shop and drop service for patients, please contact by calling 01354 661234 weekdays from 07:30am.
- One off food parcels provided by 50 Backpacks Vision containing basic provisions available for those 70+/in isolation/with an underlying health condition and letter from your GP or the government, you will qualify for this service. Telephone 0330 107 7470 08:00-20:00 or visit www.50backpacksvision.uk.
- Contact your GP practice and ask to be contacted via the social prescriber who can support you regarding non-medical information:
 1. Accessing emergency food parcels.
 2. Details of suppliers that are making deliveries.
 3. Accessing medication.
 4. Accessing volunteers to support with shopping, collecting medication or someone to talk to.
 5. General chats about welfare and keeping active at home.

My employer is asking me for a letter/medical certificate from my GP to confirm my absence from work related to the Covid-19 pandemic

You can visit our website www.northbrink.com. On our front page you will find the COVID-19 Medical Certification for employers.

This can be downloaded, printed and completed, to be sent to your employer or if unable to print discuss with your employer, to see if they are happy to receive the blank form, for them to complete with yourself on your return to work.